

# *Six Ways to* **COOL** *Food Safely*

***Improper cooling is one of the leading causative factors involved in foodborne illness.***

Potentially-hazardous food which has been cooked or heated in your facility must be cooled from 135°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours. The purpose is to minimize the amount of time food is in the danger zone (the temperature range from 41°F to 135°F).

***When food is placed in cooling or cold-holding equipment, leave enough room around containers for cold air to circulate.***

It may remain uncovered if protected from contamination. Food will cool faster if it is loosely covered. Food should be stirred frequently to evenly cool the food.

For more information contact



County of San Bernardino • Department of Public Health  
DIVISION OF ENVIRONMENTAL HEALTH SERVICES

Visit our web site: [www.sbcounty.gov/dehs](http://www.sbcounty.gov/dehs)

**1** Place the food in shallow, heat conducting pans such as stainless steel. The surface area of the food will be increased and cooling time will be reduced. The depth of the food inside the pan should be no higher than 2 inches for thick foods such as rice, beans, pasta, stews and sauces. For thin liquids, such as stocks and broths, the depth of the pan should not be higher than 3 inches.

**2** Inset appropriately designed containers in an ice bath and stir frequently.

**3** Separate large cuts of meat into smaller and thinner portions.

**4** Use ice as an ingredient.

**5** Use rapid cooling equipment such as a blast chiller.

**6** Use a frozen stirring stick.

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